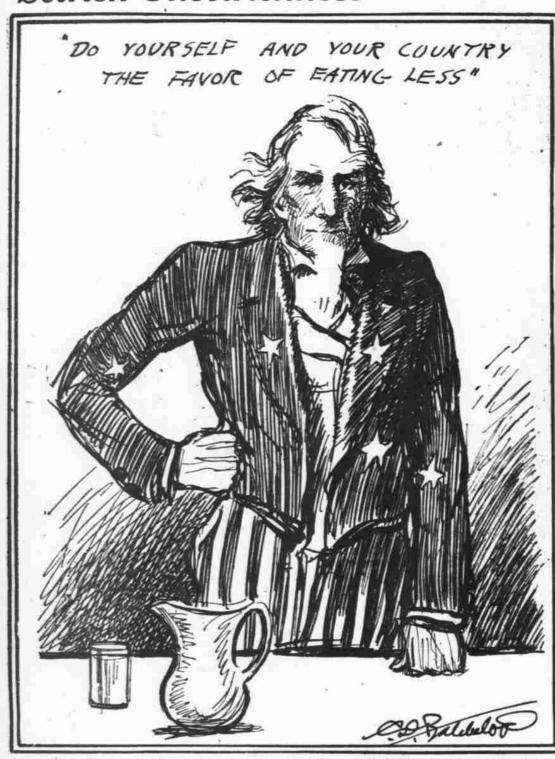
# Selfish Unselfishness - - BATCHELOR



WHEN the campaign for food conservation first started most had visions of personal sacrifice and appetites unappeased. We have on the contrary awakened to the fact that we can eat less and feel better. Most of us have been eating more than we need wisely and not too well.

and it has taken the arguments of the food campaign to make ourselves do ourselves the favor of eating less. Waste is still going on to a regrettable degree and should be cut out. Do yourself and your country the favor of eating

# Simple Menu for the Family

RDER is heaven's first law," we are told, and yet it is surprising how few homes have really good order. System, order and discipline are essential

every undertaking. More than one housewife who has attempted to reorganize her table for war time has not succeeded because she either does not know or does not bother to apply sys tem order, and discipline in her

Very recently I had occasion to enter a workingman's home at din-ner time. The array of various foods was astonishing.

"You're not practicing any warthme economy, are you?" I gently crided. "No, said the "cooked-

way in our family: Mike, my husband, only eats certain dishes. If cabbage was a dollar a head, he'd have to have it with his corned

her day I had beans, But little Joe and Margaret don't like beans and I had to get peas for them. One likes meat, the other

likes fish. 'It's simply this: Mamie likes this and Jimmie likes that and I have to give the little dears what they

want."

And this lady is regarded by her neighbors as a kind, indulgent mother. She works all the time. Never a holiday, never a little out-

ing.

Dear reader, can you imagine what "feather-bed" soldlers this

this type of mother who tell of the severity of military discipline. It is her kind of boy who does all the grumbling about the plain, worked nourishing food provided by Uncle Sam.

A freiend in the South took to her the North potatoes were served at least twice a day. She had never

seen rice on her table! She couldn't eat this and she couldn't eat that! It took almost three weeks for that child to be-

pline. Today, at eighteen, the girl from the North is a charming guest. She is invited to many homes, for the hostess does not have to prepare extra dishes for her entertain-

And she realizes now that the Southern weman who allowed her to "nearly starve" for a few weeks was her best friend. She had come

limited train recently, I actually saw a sensible-looking woman read the whole bill of fare to a six-yearold boy! After much coaxing, he "agreed" to take one nutritious dish if he got two desserts. What kind

preme Being has gifted her with the wisdom which enables her to provide sultable nourishment for them is taking the first step in dis-

pokery and places on the table or, at most, three nourishing. two, or, at most, three nourishing, well-cooked dishes, she is doing her duty by those children. Then she must be firm. Even a few days will make an undisciplined child hungry enough to eat whatever is

Husbands need disciplining, too, sometimes, Make father understand that you are providing the best possible food on the allowance he gives you. When you take the money you have set aside for the children's winter underwear and you pay a prohibitive price for some food father fancies, you are failing in home discipline. Think this over, housewives. The

### Their Married Life .: For the Moonlight Maid .:

A STORY OF INTIMATE APPEAL.

### Warren Disappoints Helen, and Objecting to Her Plan for the Evening, Leaves Her in Anger

in ages."

and see Evelyn. I haven't seen her

she lives," Warren snorted, drop-

ping his collar button and getting

down on his hands and knees in the

prescribed manner, which did not

add to his good humor. Helen found

the stray button and handed it to him with a smile, and he proceeded

to slip it safely in place this time.

plenty of people to ask."

her name?"

"Mrs. Canders."

ces, for instance."

looking as I am."

"I could find it. There are always

"Well, if that fan't the limit! I

wish you'd live up to the doctrine

of life as practised by that friend

of yours who reads so much-what's

"Yes, I'd rather have you prac-

tise life from her standpoint than

from the standpoint of these Bohe-

mian friends of yours who run

into all kinds of dangers, boasting

that they can take care of themselves, and then are willing enough to be protected by a man when he happens to present himself or she

happens to need him. Look at Fran-

always, are to Frances! You do her the greatest injustice when you say

that about her. She is just as free

now as she ever was, and she mar-

ried Carp because she loved him,

not because she needed a protector.

Imagine Frances needing a pro-

tector! And she is twice as good

The fact that Frances Knowles, or

Atwood as she was now, had fre-

quently influenced Helen to step out

from her quiet home life into ex-

periments that Warren could not

countenance, always vaguely irri-

tated him. He never missed an on-

portunity to bring Frances into the

conversation and to give her a dig. even though he liked her genuinely

and admired her work quite sin-

"Well, there's no need of arguing

about it. You call up Mrs. Stevens

her to the theatre, and although she

liked the movies, she felt restless

and wanted to do something differ-

ent. We all feel that way at times.

"I don't feel like going to the

movies," she returned. "I'm going

over to see Evelyn. Now don't wor-

ry about me, Warren. No one is

going to try to run off with an old

But Warren, his anxiety swal-

lowed up by his irritation, was in

no mood to argue. Having finished

married woman like me."

and ask her to go to the movies

Goes Away Angry.

down."

Why, Warren, how unjust you

"Why, you don't even know where

AM disappointed," Helen said, trying to speak bravely. "I had looked forward to going all day."

"Of course, and so had I," Warren returned; "but I'm sure you can be sensible about it, and if it means the pulling through of this deal, money will be a little more plentiful after Christmas."

"Of course, dear," she said hastily. "I suppose you'll stay at home and read," Warren vouchsafed, as Helen followed him into the bedroom and began to lay out his fulldress suit and to fix his stude and links in a fresh shirt.

"Oh, I don't know! I shall probably go out to the movies, or do something. I don't feel a bit like staying in to-night. You see I had planned to go out, and I haven't been out to-day. Mary and I gave the place a general cleaning.

"Til warrant you!" Warren snort-ed. "You have a good, strong maid, and yet you do half the work your-

#### Helen Explains.

"I like to superintend things, Warren. Every woman does who cares at all about her house and the way it is run." "And if you had to do it, you'd

make a pretty good fuss and complain that you were half dead." Helen did not retort, and Warren went on speaking almost before she

would have had a chance to answer

if she had wanted to. "Just the same, I wish you would stay at home and not go gallivanting round the streets, unless you go around to the corner and see the

movie show there." "I've seer the film playing there, and besides, Warren, how foolish you are-just as if I didn't have sense enough to take care of my-

"That's not the point. Of course you have sense enough; but as I have told you hundreds of times, you're not the independent woman. What Frances Knowles would do, and could do perfectly well in an emergency, you wouldn't think of

"What makes you think that?" "Because it's perfectly true. If anyone spoke to you, you'd be in a perfect panie in a moment. Don't you suppose people feel these things instinctively? Where Frances would know just what to do, you would be terror stricken."

"Oh, but Warren," protested Helen, "you don't give me credit for any sense at all! Besides, men don't speak to women in the street if the women go about their business." "Oh, don't they? Well, you

haven't forgotten the unpleasant experience you had that time you were downtown shopping and dropped into a movie show for a while, have you? Weren't you minding your own business then?"

#### Has Another Plan.

his dressing, he picked up his hat, got into his overcoat and left the "Of course! but I wasn't thinking house without saving good-bye. of going to a movie show to-night.



#### By Gertrude Beresford

To girl could be a wall flower in this dance frock of orchid place silk, corrying in its weave the acquielts sheen of moonlight. The upper corrage is of flesh colored chiffon cloth, embroidered in opplescent beads, with touches of silver. The novel girdle drapery defines the figure in a line approaching the Grecian, and is slashed to fall in a point over a band of opplescent passementaris. The narrow skirt preserves the slender silhouette beneath a cascade ruffle which forms the overskirt. Bands of brown fur preserve the bias line indicated in the bodice. The shades merging from levender to pink produce a beau-tiful color effect under electric light. The soirl of bias lines preserving the perfect symmetry of the figure could have been ac-complished only by an artist in dress.



# With Half a Chance Grace Carmichael, by Taking an Interest in Her Employer's Business, Makes Her Own Chance.

By Lilian Lauferty.

RACE CARMICHAEL had a Try the new place two blocks headache. It seemed to start somewhere in her spine and mount with devil-lsh ingenuity to the crown of her Helen did not want to go to the movies. If Warren had suggested head; then it slid rapidly down her forehead and ended in a smoldering that she and Mrs. Stevens go to a play, she might have acceded to his smoky bonfirs right back of her request. Warren was to have taken

eyes.

The click of her typewriter jabbed ley needles into her spine and red hot ones into the most vulnerable and violent portions of the

'If anybody gives me any more dictation today, I'll die—I'll just die." thought Grace to herself. And then as if fate thought it might be interesting to test the situation, the chief appeared in the doorway of his office and called, "Miss Car-michael, would you mind coming

here a minute?"

Grace did mind, most decidedly, but she did not let that prevent her from gathering up notebook and

pencil and approaching.
"Miss Harper has to be at the doctor's at 5:30, and I have some letters which will take a couple of extra hours." the chief explained "Will you take them for me?" "I will if you need me, of course,

Mr. Allen; but I'm afraid I can't do them very well. I have a splitting

#### Berates Herself.

Mr. Allen's amiability remained unclouded. "Then, of course, I mustn't bother you; I'll get Miss Malloy or Miss Purdy," he said.

Suddenly Grace wished that she had not mentioned the headache. Mr. Allen was perfectly agreeable, perfectly willing to excuse her, and yet she sensed in his manner a vague disappointment in her un-

On the way out to Long Island City, Grace suffered several other agonies besides those of her aching

"You're a big dub, Grace Carmichael," she told herself. weren't ready when you got your chance and probably you'll never get another. Suppose you had a headache? You could have managed the work somehow. Mr. Allen probably thinks you're the sort of girl who works with her eye on the clock and who whimpers and plays cry-baby the minute she doesn't feel just so. That's no way to get anywhere. You must your chances every time."

The next morning Grace came Into the office in a tremor of dis-content with herself. "Little cry-baby." she kept saying to herself, and all through the day bitter scorn and self-condemnation made her do her work in half-hearted fashion. It was seldom that she was singled out as one of the of-fice force, and so it was seldom that as one of the large force she had had a chance to prove to Mr. Allen directly that she had real in-terest in the work and real desire

o grow.
Grace's discontent made her bit-ter for several days, and then an

idea was born to her.
"Grace Carmichael! Instead of being mad at yourself for flunking your chance the other day, when it came marching up and offered it-self to you, why don't you make yourself a few extra chances? pose, my girl, we learn a little bout this real estate business.

the force left, Grace approached

one of the flice with a certain timid uncertainty, drew it out and sat down to study the problem of five-

room apartments. Adopts a Specialty. She discovered that they were

listed in several ways as to price,

as to locality, and as to owners. Suppose Mrs. Smith came in and announced she wanted a seven-room apartment in Westchester county, or that she wanted one of Madden & Co.'s seven-room apartments, or that she wanted to pay \$60 a month for seven rooms-you could give her a choice at the end of five minutes' intelligent study of the files from chatever angle she needed their help.

"Guess I'll specialize in apart-ments under \$80," said the girl to herself half humorously. body's interested in those three to thirty thousand dollar Park nansions. Let's see if little Gracie can't learn something about poor folks' homes." Night after night the girl

stayed an extra hour after closing time, studying the catalogue sys-tem and mapping out for herself locations in which the cheaper apartments might be found. The work began to interest her, to fire her imagination. She found

herself taking Saturday afternoon or Sunday walks into the neighbor-hoods she was studying. Before long she got into the way of talking to renting agents and janitors and workmen. She was taking a real interest in the problem of housing a family that had to figure on from \$5 to \$10 a room for ren Nothing happened as a result of her work. Grace continued to peg away at her typewriter and to reeive each Saturday noon an en-

velope containing \$10.

She had forgotten to be bitter with herself because, at the end of a year, she was still earning the small sum for which she had been hired. Dismissed was the memory of her own unreadiness when her chance came. She had even lost sight of the fact that she was working to build herself a chance. Grace Carmichael was actually absorbed in the study of a problem how to house the family of the moderately comfortable, the middle class, the self-respecting poor who have worked out of the tenement into the "flat," and who are not yet ready for apartments.

Uses Holiday Time. One afternoon the office force was given a holiday in order that it might go in a body to see a great military parade. Grace realized that she might have the office to herself in peace and quiet and

#### Modest People.

A modest man, Is Edward Klipt; He blushes when The deck is stript

So modest is Miss Julia Pegs:

he covers up The table legs. - Pickens (S. C.) Sentinel.

For modesty, here's Billy Ball, He visits here and there, But he stays indoors in the fall, Because tree's limbs are pare. -Savannah Press,

Grace Carmichael, by Taking an In-

study a little more on her problem. Presently, the was alone in the outer room hending over her files, making notes, comparing the figures and had jotted down.

The door opened and a shabby, middle-aged woman stepped in almost timidig: "I'd like to see about renting an apartment, miss. My son's going to move to town next week from the West, and he says we can pay \$60 a month for five rooms. I guess that ain't much for New York or a grand office like this, but it seems an awful lot to

The old woman who had come timidly into the awe-inspiring of-fice, where her shabby gentility felt to venture was real daring, had suddenly forgotten self-consciousness. She was talking eagerly and humanly to the girl, who had risen in such friendly fashion to offer her a chair, and who was listening with such sympathy to

"I don't think we'll have a bit of trouble. I know half a dozen apartments that might be fust the thing you'd want," began Grace, eagerly, And then she looked up and faced the chief. He was standing in the doorway of his own private office, smiling quizically. A tide of self-consciousness swept over the girl. She wasn't a selling agent, she had no right to be talking of rentals, she had, in fact, no business to be going through the files. "Excuse me dust a minute." she

"Excuse me just a minute," she said. "I'll be right back."
Grace crossed the floor and spoke to Mr. Allen in low, eager tones. "I know I have no right to-but she's so anxious for one! Won't you let me go out with her to look at some of the five and six-room sixty-dollar apartments? I'd be so grateful if you'd overlook it this once my going through the files without permission, I mean." "Isn't this a holiday, Miss Carmichael?"

"Oh, yes; but it was such a good chance to study the files that I couldn't resisst it. I hope you don't mind or think it was impudent of

Made Her Own Chance. "Mind? Well, if you like to

spend your holiday studying the business and renting an apartment for us, I don't see why I should

"You're getting the 5 per cent commission," said Mr. Allen.

"Three dollars extra-just for taking that nice old woman out to look at some apartmenta! And you aren't angry with me And you don't think I've gone over any-body's head or taken liberties?" "Come back after you've rented ne spartment, Miss Carmichael, and tell me what you know about

the real estate business. Maybe we need a new renting agent around here." "You'd give me a chance-Mr. Allen smiled a kindly, under-standing smile. "It's a little too late to talk about giving you a

chance. It looks to me as had made it for yourself. N back to your customer, Miss Car-michael, and tomorrow we'll dis-cuss putting you into the \$15-aweek-and-commission class." And as she turned away Mr. Allen

was confronted with an extra pus-zle about his little brown-eyed, ambitious stenographer. Why under the sun had she murmured so fer-vently, "Heaven bless that head-

# **How About Your Health Problem**

By IRA S. WILE, M. D. seciate Editor American Medieine and Member N. Y. City Board of Education.

O-OPERATIVE endeavor accomplish the largest re sults. Groups of person branded together to adwantage of combined resources. You toin associations, lodges

fraternities, societies, or unions beopportunities they offer. You find bealthful competition bilities of service in organization You can further public health by becoming a member of an organization that is working for the improvement of conditions of living. or for the investigation of specific

Knowing where to find facts almost as important as having them stored in the pigeonholes of Are you acquainted with the names of the main national socie-

ties striving for communal health? The American Association for Labor Legislation is deeply concern ed with industrial hygiene, health insurance, hours of labor and oc cupational accidents and diseases. The American Association for the Study and Prevention of Infant Mortality devotes its energies to

problems, of prenatal care, obstetri al attention infant welfare, and birth and registration.

The American Public Health Association promotes and fosters ev ery rational plan for the better ment of personal and public healt The American Social Hygiene As-

sociation fights against prostitu-tion and the venereal diseases, and aids in the development of sound education National Association for the Study and Prevention of Tuberculosis is vitally interested in fresh air work, in homes and schools, in

housing problems, the organization of hospitals and dispensaries and the education of the public as to the causes, prevention and cure

of tuberculosis The National Committee for Men-

The National Committee for Alen-tal Hygiene aids every effort to conquer insanity, mental defects and feeblemindedness.

Then there are such excellent public servants as the national ommittee for the prevention of blindness, the American Society for he Control of Cancer, the National 'hild Labor Committee, the tional Organization for Public Health Nursing, the Playground and Recreation Association of

America. The list is incomplete, but it is suggestive of a field of interest. a latge and varied

These co-operative philanthropic health agencies are working in your behalf. You may be unaware of the advantages you have reaped as a result of their systematic and intelligent activities. You, theless, have been a gainer.

What are you doing to promote the welfare of the community in which you live?
Are you interested in the objects

any of the above-named groups? f so, manifest that fact.
You may be short of funds and ong in interest.

Increase your stores of information. Get in touch with the guid-ing spirits. Read their literature. Spread the gospel of health. That osts pothing. Learn what health work is pro-

nosed; how it is being furthered; what is retarding its development. workers in the field of public health are needed now more than ever. Are you willing to help oth-

ers while helping yourself? Service and support form the basis of group organizations. Which health problem are you helping to solve.

our Government? It is boys from

What an injustice to a boy to eater to his "unreliable" taste in foods! There is a very, very small list of foods that really disagree with certain individuals. These should be eliminated, of course. But of the numerous foods provided by

nature, care should be exercised to use a wide variety. home a girl of twelve who had just lost her mother. At her home in

come hungry enough to taste some well-cooked rice. The Southern lady knew disci-

to a home where system, order, and discipline reigned. Traveling on the dining car of a

of a boy is this mother raising?
Discipline does not include cruelty. The mother who makes it
known to her children that the Suplining those children.
If she knows the principles of

Government tells you to economize in food. Do so, but make the whole family co-operate,

# To My Sweetheart Soldier

Every Girl Should Read These Wonderful Letters

SIXTH LETTER. suggest, and find some little place hardship. I am prouder than I can outside, in the country, where your tell to be of a little help in this great mother and mine, and old Frank and adventure. I was fortunate enough Mammy and I can live quietly while to be mentioned in the commanderyou are away. I am sure it will be in-chief's dispatch on the battle of better for all of us, and maybe in a the Somme, for 'distinguished and small place I can find greater oppor- gallant conduct and devotion to

ing way. Today I had a letter from the French soldier I have been helping this past year. You remember when kindness and good will, and with re-I made the first sweater, I tucked a membrance always, I am, little note into the sleeve with my address, asking the recipient to acknowledge it, and let me know how copy it here for you:

than I can tell you. We out here all fillment of a glorious dream, "And know that our fight is for freedom their souls go marching on." the world over. No words of mine And now, beloved, Mammy and can sufficiently convey to you what Frank, and I are going to start on a bloody monster our enemy is. We our quest for the house, "somewhere have seen his work in all its inhuman in the country." It must have a cat, ferocity. But thank God we are be- and a garden, and a low, wide porch winning to gain upon him now. It and a general air of abiding quiet has been a long, bitter, heart-break- and peace. Will that be hard to ing job, just to hold our own up to find? If my last letter was not as now. Remember, he had years and brave maybe as I should have made years of preparation for his devilish it, do not worry about me, for I am work. Our boys are bursting with going to trudge on every day with a confidence and the willingness to die. All the allies are determined to sake of my two mothers, and for the crush the Prussian despotism, cruelty, and inhumanity, even though it wife can be. takes the life of every man and their

"Oh, how you would love our boys, Dearest-I am going to do as you so smiling while they endure untold tunity to be of service in a neighbor- duty.' I'll be so happy to get back, but not until this business is properly finished off. "With gratitude for your great

"Sincerely yours.

"LIEUT, R. E." Hasn't he wonderful courage and he fared. I have had several letters confidence? It is so sad, and yet so from him. This one today is so glorious, too, for Right to take up stone-hearted and cheerful, I will the battle with Might. I suppose the development of the individual in "Dear Madam-I was moved to righteous freedom is the great and get your exceedingly kind and sym- only hope of the world. Those who pathetic letter. Be sure for yourself die in this fight for liberty know at and on behalf of my comrades, your least that they have given their lives good wishes are appreciated more for a high purpose, and for the ful-

happy heart-for your sake and the

Good-night, beloved, and may you have a bright good-morning.